

Microwave Denver Scramble Slider

Prep time: 5 minutes

Cook time: 1 minute

Makes: 1 Servings

This quick egg scramble sandwich is made fast in the microwave for a great on-the-go breakfast, lunch or snack.

Ingredients

- 1/16 cup** chopped red or green bell peppers
- 1 tablespoon** chopped onion
- 1** egg
- 1** thin slice deli ham (chopped)
- 1/2 ounce** water
- 1** slider-size bun or whole wheat English muffin (split and toasted)

Directions

1. Place peppers and onions in 8-oz. ramekin or custard cup, or in a small bowl. Microwave on high 30 seconds; stir. Add egg, ham and water, beat until egg is blended.
2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
3. Serve in bun.

Notes

Don't overcook. Scrambled eggs will continue to cook and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	16 g	
Carbohydrates	29 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	550 mg	23%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	2 ounces

firm up after removed from microwave.

Microwave ovens vary. Cook time may need to be adjusted.

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